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# Institutional Feeding Managers Stewards-Chefs-Cooks

**ATTENTION PLEASE!**

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## DESSERTS USING SUGAR SUBSTITUTES, STRETCHERS AND LITTLE SHORTENING

With the recent reduction of the sugar allotment and shortening on the ration list, many will find it necessary to watch closely the amount of sugar available so as to use it to the best advantage. Below are offered a few suggestions for stretching the sugar and shortening set aside for dessert making.

Custard type desserts may be sweetened with honey or maple syrup.

Baked Indian Pudding and steamed fruit puddings make use of molasses. Apples, peaches and pears baked with honey are delicious. Add a little lemon to improve the flavor.

One of our most versatile desserts is gingerbread. It, too, is made with molasses and may be served with apricot sauce or lemon sauce.

Sponge cakes require less sugar than butter cakes and may be made into rolls with jelly, lemon or chocolate filling. Cakes requiring little or no icing save sugar.

Shortcakes and desserts made with biscuit dough offer a great variety and are easy on shortening and sugar.

Frozen fruits and berries are often packed with some sugar, requiring little or none in addition for serving.

Fruit desserts may be easily made from canned fruits. Take peach halves, put a rosette of meringue in center of each, sprinkle with chopped nuts, and bake. Pears may be done in the same way.

Fill center of pear with crushed ginger in syrup, cover with meringue and bake. Sugar syrup may be used in meringue in place of sugar.

Frozen fruits used in pudding, such as blanc mange, require little sugar and add color to the dessert display.

(over)

Coffee left in the urn should be utilized in making coffee jelly, or coffee marshmallow whip. Now that mos. people are limited to one cup of coffee per meal, the coffee flavored desserts have become good sellers.

Baked apples may be varied by filling the center cavity with chopped, dried fruit and nuts, mincemeat, or orange marmalade.

Another apple dessert: Sliced apples with syrup in baking pan, covered with cinnamon pin wheels made of biscuit dough. Baked, served with fruit or raisin sauce.

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#### GRAHAM PUDDING

Servings	20	50	100
Molasses	2-1/4 Cups	3 pts.	1-1/2 qts.
Shortening	5-1/2 Oz.	15 oz.	1-7/8 lbs.
Eggs	3	7	15
Sour Milk	2 Pts.	1-1/4 Cups	5-3/4 qts.
Graham Flour	12 Oz.	1 lb. 14 oz.	3-3/4 lbs.
White Flour	10-1/2 Oz.	1 lb. 10 1/2 oz.	3-1/4 lbs.
Raisins (Seeded)	9 Oz.	1-1/2 lbs.	3 lbs.
Soda	4-1/2 tsp.	1/4 Cup Scant	1/2 Cup Scant
Cinnamon (Ground)	2 tbsp.	1/4 Cup	1/2 Cup
Cloves (Ground)	1 tsp.	1-1/8 tbsp.	2 1/4 tbsp.
Grated Nutmeg	1 tsp.	1-1/8 tbsp.	2 1/4 tbsp.

Mix graham flour, white flour, soda, spices and raisins. Mix beaten eggs, milk and molasses. Combine mixtures and add melted shortening and beat thoroughly. Pour into 1-1/2 qt. molds with tightly fitted buttered covers, and steam 2-1/2 hours. Serve 4 oz. to an order with 1-1/4 oz. of foamy or lemon sauce on top.

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